

treatment of disease, quackery? Again, the author says: "A properly qualified doctor spends years in hard study and careful training under good teachers, and has the benefit of a large experience. We should not hesitate to avail ourselves of the benefit of his wisdom and help." But does not the recommendation of the "Treatise of Health" offer an alternative of even superior advantages? Why send for a doctor if one has under his hand the condensed knowledge and experience of the profession?

The author announces that our present age, this twentieth century, is to "stand pre-eminent and notable in that the non-professional people shall learn the nature of disease and how to avoid it." On page 386, Volume II, we find the following: "The microbe theory of disease has become a popular faith. Thousands of persons keep themselves and all about them in constant agitation in order to avoid the microbes which they imagine are the cause of consumption, pneumonia, influenza, and even common colds. Of course it is true that various diseases are conveyed by the minute organisms known as microbes or bacteria. Yet knowledge of this fact does not save people from disease." If bacteria are not to exist for the laity why mention them at all; and if the layman does not believe in the presence of bacteria why should he be asked to use one of the many formulæ for disinfecting purposes given in another part of the book?

A careful study of the book leaves the reviewer with the unwelcome impression that it is no different from others of its type offered to the gullible public from time to time—a great, windy, wordy, catch penny piece of work—and it is very hard to believe that it is offered in good faith by its author.

CHASING THE CURE IN COLORADO. By Thomas Crawford Galbreath.

THIS little book, merely a pamphlet, has reached its third edition and it well deserves to be sent speeding on its way; there are still vast numbers of people ignorant of the plain and common-sense hints embodied in it, who need to be told again and yet again that the most important agents for the "cure" are in our own hands if we will only rid ourselves of ancient and misleading notions about drafts and night-air and cold water, etc., etc. The book is primarily an account of the author's experience in looking for health in the West, where the conditions of climate invite so many to leave their homes in the East in the hope of regaining lost health. The author found conditions in the West by no means entirely *couleur de rose*, and it is almost impossible to credit his account of the inhumanity of the natives of this Western

country where they sell for money only, the accommodation which the sufferer from tuberculosis seeks. Boarding-houses seem to be as thick in Colorado as mosquitoes in Jersey, moreover the boarding-house keeper seems to regard the Eastern health-seeker as much his lawful prey as the mosquito does any hapless alien who wanders within his reach. The author sounds a note of warning against the wrong kind of physician. Doctors there are in plenty and he advises that every patient going West arm himself with a letter to a reputable physician, otherwise he may fall into the hands of a "fake doctor," as he found that this class existed in large numbers and did a flourishing business. Besides a good bit of advice to those who go West the book has considerable to say to those who stay East and endeavor to regain health by carrying out the directions for outdoor life, etc.; upon the whole one would conclude that the author rather advised "chasing the cure" in the familiar precincts of one's own home. Here he is sure of the sympathy and coöperation of every one about him, and the most dreadful feature of the Western cure is eliminated, the feeling that one is a social outcast and only tolerated for the money he can put up. The cover bears the following words from Robert Louis Stevenson:

"Now do take warning by me. I am set up by a beneficent providence at the corner of the road to warn you to flee from the hebetude that is to follow. . . . So remember to keep well; and remember, rather anything than not to keep well; and again I say, rather *anything* than not to keep well."

THE REGISTER OF FOODS. By P. W. Goldsbury, M.D. Whitcomb & Barrows. Price \$1.00 net.

THIS is not a book, but a chart, of food values, printed in five colors on heavy cardboard, size 13½ x 19 inches. The chart is divided by a scale giving the percentage of the principal chemical elements of the foods in ordinary use, with the full value of the same given per pound. By the aid of this chart it should be a comparatively easy matter for a student of dietetics to compute the quantity and kind of food necessary to any stated case. A glance is all that is needed to obtain a rough estimate of any given article's food value, as the colors are vivid and instantly reveal what is to be shown.